Food Resources: What are my Options?

Supplemental Nutrition Assistance Program (SNAP – formerly known as "Food Stamps")

- The amount of benefits provided by SNAP depends on household income, size, and allowable expenses.
- SNAP does not cover the costs of all food but helps purchase food needed for a nutritional diet.
- You must meet income guidelines to qualify for the program.
- To apply, use the DSS Online System and hit "continue" to get to the SNAP application
- Or, apply at your local Social Services Office. Find your local office here.

WIC (Women, Infants, & Children)

- WIC promotes the wellbeing and health of low-income women, infants, and children.
- The program provides education for creating positive eating habits and making healthy choices.
- The program provides food vouchers that can be used at grocery stores throughout the state.
- To receive aid from WIC, you must have an infant, child younger than five, or be a woman or teenage girl that is pregnant, up to six months after pregnancy, or is breastfeeding up to twelve months after birth.
- You must meet income guidelines to qualify for the program or be a recipient of SNAP, Medicaid, TANF, or FDPIR.
- To register, use the following link to find a clinic near you: sdwic.org /locations or call (605) 773-3361 or 1-800-738-2301

Food Pantries

- Food pantries are generally non-profit organizations that distribute food to those that struggle to buy enough food to avoid hunger.
- There is often a limit on how often people can visit.
- Recipients may need ID and piece of mail to provide proof of mailing address.

Soup Kitchens

- Soup kitchens serve free, nutritious meals for people who lack resources needed to buy or prepare food.
- Locations and times may vary by community.
- Participants rarely need to establish eligibility for the service.

Community Meals

- Community meals are free meals that are served at special community events or informal gatherings. These occur sporadically/infrequently.

Sack Lunch/Backpack Programs

- Sack lunch programs provide a bag of food for people to take home when they don't have a meal.
- Backpack programs provide children with easy-to-prepare food to take home on the weekend when school is not in session.

Summer Feeding Programs

- Summer Food Service Programs (SFSP) provide meals at designated locations throughout the summer.

For more information on how to obtain food local food resources, call 211 or search our online database:

- www.helplinecenter.org/211database
  - Use the following keyword search items:
    - Soup Kitchens
    - Food Pantries
    - Community Meals
    - Sack Lunches/Dinners
    - Summer Food Meals Programs
    - WIC
    - SNAP

Disclaimer: This HelpSheet is developed by the Helpline Center. Helpsheets provide a brief overview of the designated topic. For more information, call 211 or text your zip code to 898211.

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